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Cheyenne & Arapaho
TRIBAL TRIBUNE

CHEYENNE & ARAPAHO TRIBES

Volume 4, Issue 9 | Feb. 1, 2009 | 50 cents

Old restaurant, new owner

Photos by Rosemary Stephens

Owner Jessica Starr-Whitacre and employees stand outside Gilmore's Kitchen restaurant. From l-r: Hope Smith, Jessica Starr-Whitacre and Mindy Garrett.

By Rosemary Stephens, Reporter/Graphic Artist

When stepping into Gilmore's Kitchen restaurant the aroma of coffee brewing, hamburgers' sizzling on the grill and bread baking in the oven fills the air.

A sense of stepping back into time is felt when entering the restaurant with an old fashion lunch counter and café style table and chairs scattered throughout the front room.

Gilmore's restaurant doors were scheduled to close for good until Cheyenne tribal member, Jessica Starr-Whitacre and her husband Brian, purchased the restaurant in October 2008.

"We used to eat in here for breakfast and lunch all the time; we were religious customers," Whitacre said.

Gilmore's restaurant has been an icon in El Reno, Okla., for over 50 years under different names, but in the same location.

When Whitacre and her husband learned of the restaurant's closing they made a life changing decision.

"Brian was eating lunch one day when Mark Gilmore was talking about closing the restaurant and Mark just asked Brian if we were interested in buying it." Whitacre said. "We couldn't imagine not having this restaurant here to come to, so we bought it."

Gilmore's has been a place for family and friends to not only come and eat, but also to just come in and visit over a cup of coffee or a glass of tea, employee Hope Smith said.

"This is my first time in here and I love it, it's so cozy," Brittany Markle said. "I heard they had real Indian tacos and I've never had one … man it was so big, almost too much to eat, but too good not to eat it all."

Whitacre worked as an assistant manager and manager at Subway restaurant and was familiar with the restaurant industry.

When Whitacre began working for Subway, it was her first job and she stayed for ten years, now she owns her own restaurant.

"I am excited about the restaurant and I think we have the best hamburgers in town," Whitacre said. "We also have real Indian tacos every Thursday, not the fake kind, the real NDN kind and our special right now for Fridays is meat loaf."

Whitacre is a 1997 graduate of El Reno High School and is the daughter of Jim and Mary Starr of El Reno, Okla. She and her husband have two boys, ages 8 and 2.

Gilmore's Kitchen restaurant will keep its name and Whitacre said they will be adding more items to the menu as they grow.

Gilmore's is located at 213 N. Bickford in El Reno, Okla. The hours are Monday-Friday 7 a.m.-2 p.m. and Saturday 7 a.m.-noon.

Top: Hope Smith waits on customers.

Left: Jessica Starr-Whitacre, owner of Gilmore's Kitchens washes up dishes after the lunch rush is over.

Photo by Rosemary Stephens

District Commander Alan Brunt hands Lt. Gov. Melvin Whitebird the vice-commander pin.

Concho American Legion recognizes four members

By Rosemary Stephens, Reporter/Graphic Artist

Sounds of laughter float from the room.

"We always have a good time when we get together, there is a bond between us because we are all veterans," Cheyenne and Arapaho Office of Veteran's Affairs special projects officer, Marvin Wilson said.

The monthly Concho American Legion Post 401 meeting was held on Jan. 15, 2009 in the large conference room of the Cheyenne and Arapaho tribal complex. Four members were presented with pins and all members were able to see the new Post 401 baseball caps, and learn about the upcoming inter-tribal Veteran's Housing Summit.

"We are excited to hold this Inter-tribal Housing Summit to give our veterans the opportunity to build their own homes on trust land and to learn all about the procedures," Wilson said. "We are going to have mortgage lenders here and lots of information to give out."

The Inter-tribal Veteran's Housing Summit will take place from 10 a.m. to 3 p.m. on Feb. 12, 2009 at the Concho Community Hall.

Following dinner, served by Snider's Catering, District Commander Alan K. Brunt was introduced by Wilson as their guest speaker.

"You know this is the first time I have ever spoken to a room full of Indians and I'm sure you all are waiting on words of wisdom … well I haven't got any," Brunt said as he chuckled. "But what I do have is 78 years experience to share."

Brunt read the accomplishments of legionnaires around the world during the years of 2006 and 2007 based on information taken from the American Legion Dispatch magazine.

"We have, as a membership donated more than 85,000 pints of blood, gave $3.6 million towards boys' state programs, performed more than two million hours of volunteer services, donated $7.5 million to the American Legion baseball teams, provided $4 million in scholarships, handled over 145,000 cases for VA claims and made it possible for over 1,200 children to receive more than $562,000 in temporary financial assistance," Brunt said. "That is why I am proud to be a member of the American Legion and why I love this organization."

Wilson asked Brunt to pres-

See Legion, page 4

Photo by Dana Attocknie

President Barack Obama delivers his inauguration speech on Jan. 20, 2009 at the U.S. Capitol in Washington D.C. As the president spoke the text from his speech scrolled across the Jumbotron's placed throughout the National Mall. Approximately 1.8 million people attended the inauguration.

Becoming the story

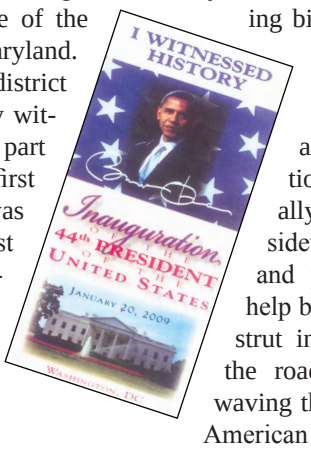
EDITOR'S NOTE: Journalists work to cover stories and not become part of them, however I'd like to jump out of third person and share a first hand experience with you on my trip to President Barack Obama's inauguration. I hope you enjoy this journey.

By Dana Attocknie, Managing Editor

For 30 minutes I've shuffled forward like a penguin.

My arms are stuck straight down and if it weren't for the two layers of clothing I piled on at 4:30 a.m. or the hundreds of people stuffed into the same subway station, I could yank out the camera in my right pocket. Yet, the only thing I can do for now is read a lady's long brown trench coat in front of me. Her billboard jacket has sixteen large safety pins clamped to the back of it in order to hold newspaper clippings inside large Ziploc freezer bags of President Barack Obama's journey to the White House.

My boyfriend Michael (Cheyenne/Creek) and I began Jan. 20, 2009 at one of the Metro Stations in Maryland. We headed into the district so we could not only witness, but also be a part of history as the first African-American was sworn into office. Just knowing that a minority was going to be in office made our voyage to DC that much sweeter and rewarding.



As you would expect, patience was certainly a virtue that day with the traffic of cars and people, the cold temperature, and the detours. But knowing you were there for something greater somehow minimized those encounters and gave that Tuesday much more character and added to our mountain of memories.

After hours of being tangled in the subway system, we hustled to the National Mall with our eyes and excitement growing bigger and bigger with each stride forward.

The roads around the National Mall literally became the sidewalks that day and people couldn't help but walk, run and strut in the middle of the road cheering and waving their arms and/or American flags in the air.

There was this sense of ownership, freedom, pride and disbelief all at the same time. Everyone was happy.

It's an enormous feeling to have approximately 1.8 million friends all around you at the

See Becoming, page 5

American Indians could reap almost $3B in stimulus

(WASHINGTON) - American Indians stand to gain almost $3 billion as part of the economic stimulus moving through Congress, money that could help some of the nation's poorest communities rebuild roads, improve health care, and boost employment that has lagged behind the rest of the country for decades.

The Senate Appropriations Committee on Tuesday included $2.8 billion for Indian tribes in its portion of the nearly $900 billion economic stimulus bill, and a House version to be voted on Wednesday includes a similar amount. That includes hundreds of millions of dollars for schools, health clinics, roads, law enforcement and water projects.

Dante Desiderio, an economic development policy specialist at the National Congress of American Indians, which has lobbied for the money for the past year, calls the bill a ``once in a lifetime opportunity'' for the tribes.

``It really has the potential to lift our communities out of poverty,'' Desiderio said.

Nebraska has about 17,000 American Indians among its residents, according to a U.S. Census estimate for 2006 and is home to four federally recognized tribes: Omaha, Ponca, Santee Sioux and Winnebago.

Indian Country has a long way to go in terms of reviving tribal economies. According to the National Congress of American Indians, real per-capita income of Indians living on reservations is still less than half the national average, unemployment is twice that of the rest of the country, and eight of the 10 poorest counties in the United States are on reservations.

That group originally asked for $6.1 billion in the stimulus, an amount that they said would generate more than 50,000 jobs.

``It's not going to allow them to catch up, but its a significant boost,'' said North Dakota Sen. Byron Dorgan, the Democratic chairman of the Senate Indian Affairs Committee who inserted the money into the stimulus. ``This is a group of Americans who have been left behind in many of the basic needs of life.''

Julie Kitka, president of the Alaska Federation of Natives, asked Congress for stimulus dollars at a Senate Indian Affairs hearing earlier this month. She describes chronically underfunded Indian and Native Alaskan communities as ``emerging economies'' similar to developing countries around the world that can be hardest hit by an economic downturn. She says this is a chance for tribes to boost their economies for years to come.

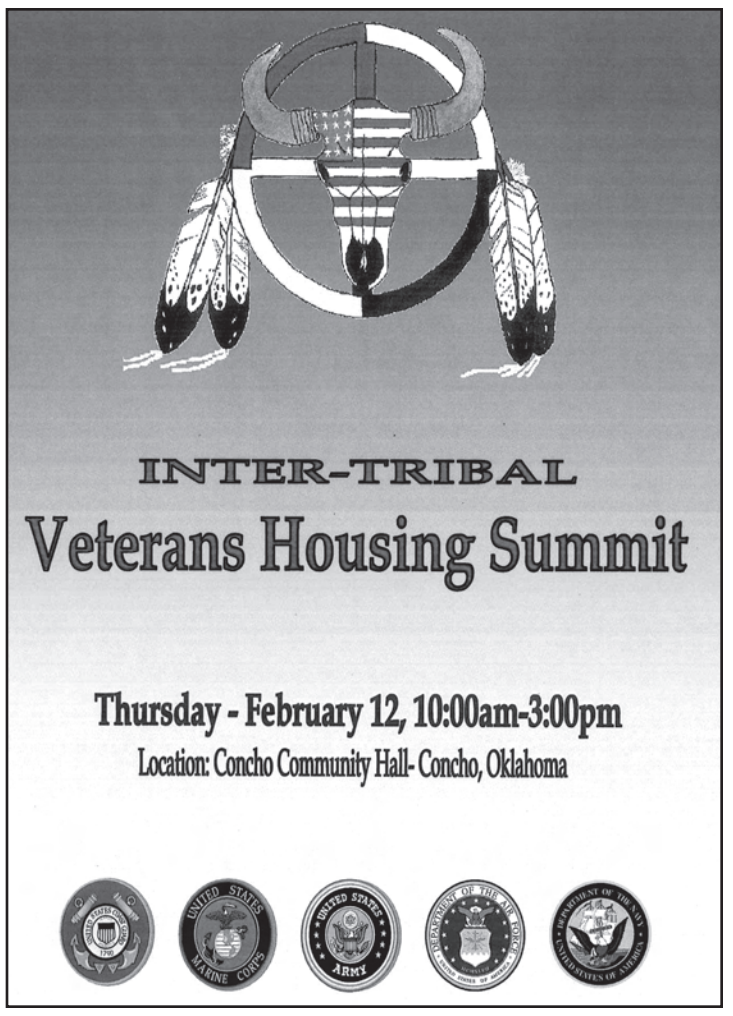
``It's an opportunity to do things right,'' she said.

Enrollment Office Hours

Effective Feb 2, 2009, The Clinton Enrollment Office will be open from 8 a.m. to 5 p.m. Tuesday, Thursday, and Friday. The Concho Enrollment Office will be open from 8 a.m. to 5 p.m. Monday - Friday

Veterans PTSD Group

Meets at 4 p.m. every Wednesday at the education building For more information contact the Office of Veterans Affairs at (405) 422-7691.



CHEYENNE-ARAPAHO TRIBES
OF OKLAHOMA
FILED
JAN 15 2009
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IN THE TRIAL COURT
CHEYENNE AND ARAPAHO TRIBES
P.O. BOX 102
CONCHO, OKLAHOMA 73022
JUVENILE DIVISION

DOCKET ____ PAGE ____
FILM ____ IMAGE ____

The Cheyenne and Arapaho Tribes:
In the Matter Of: J.A.H., DOB: 06-16-92, minor child, and concerning Shelby Hawk, Mother.
Case No. JFJ-2005-0021
NOTICE OF HEARING TO TERMINATE PARENTAL RIGHTS

The Cheyenne and Arapaho Tribes TO: Shelby Hawk
P.O. Box 295
Boley, OK 74829

YOU ARE HEREBY NOTIFIED that a Petition To Terminate Parental Rights has been filed in this Court in the above styled and numbered case stating that you are the natural parent of the above-named child.

YOU ARE HEREBY NOTIFIED that this case is set for HEARING by the Court on the 5th day of March, 2009, at 9 o'clock a.m., in the Trial Court for the Cheyenne and Arapaho Tribes, Juvenile Division, in the city of Concho, Oklahoma.

YOU ARE FURTHER NOTIFIED that the purpose of the hearing is for the Court to determine findings of fact in this case.

YOU ARE THEREFORE NOTIFIED THAT THE COURT WILL CONDUCT THE HEARING TO DETERMINE THE FINDINGS OF FACT IN THIS CASE AT THE TIME AND PLACE ABOVE SHOWN WHERE YOU HAVE THE RIGHT TO BE PRESENT, TO BE REPRESENTED BY COUNSEL, AND HAVE AN OPPORTUNITY TO BE HEARD AT SAID TIME AND PLACE INCLUDING THE RIGHT TO OBJECT AND TO PRESENT A DEFENSE TO THE RECOMMENDATIONS; IF YOU FAIL TO APPEAR, THE HEARING WILL PROCEED ON THE ABOVE DATE AND TIME OR ON SUBSEQUENT DATES WITHOUT FURTHER NOTICE TO YOU, THE ALLEGATIONS IN ANY MOTIONS MAY BE TAKEN AS TRUE, THE CHILD'S LEGAL STATUS MAY BE DETERMINED, THE CHILD MAY BE MADE A WARD OF THE COURT, CUSTODY OF THE CHILD MAY BE PLACED WITH A THIRD PARTY, AND YOUR PARENTAL RIGHTS MAY BE TERMINATED IN REGARDS TO THE ABOVE-NAMED CHILD.

Dated this 14th day of January, 2009.

Patty Bell, Court Clerk
Cheyenne and Arapaho Tribes Trial Court
Juvenile Division

ELECTION COMMISSION
P.O. Box 26
Concho, OK 73022

(405) 422-7610
Fax: (405) 422-1186
Toll Free: (800) 247-4612 ext. 27610

January 22, 2009

PUBLIC NOTICE

In the A-4 Special Election, on Friday January 30th, 2009, which is the Primary Election Day, and on Wednesday February 18th, 2009, which is the General Election Day, there will be one (1) Poll Site. The Poll Site will be open from 7:00 a.m. to 7:00 p.m.
Photo I.D. is REQUIRED to vote.

The A-4 Poll Site is: The Carnegie Library, Elk City

Frederick Blackbear, Chairman
Election Commission

ELECTION COMMISSION
P.O. Box 26
Concho, OK 73022

(405) 422-7610
Fax: (405) 422-1186
Toll Free: (800) 247-4612 ext. 27610

REVISED
January 28, 2009

PUBLIC NOTICE

In the A-3 Recall Election, which is to be held on Wednesday March 11th, 2009, there will be two (2) Poll Sites. The Poll Sites will be open from 7:00 a.m. to 7:00 p.m.
Photo I.D. is REQUIRED to vote.

The A-3 Poll Sites are: Western Technology Center, Weatherford
Old W.I.C. Building, Clinton Indian Hospital, Clinton

The A-3 voters registered with a Weatherford, Corn Thomas, Custer City, Putnam, Taloga or Colony address will vote at the Weatherford Poll Site.
The A-3 voters registered with a Clinton, Arapaho, Bessie, Rocky or Cordell address will vote at the Clinton Poll Site.

Frederick Blackbear, Chairman
Election Commission

ELECTION COMMISSION
P.O. Box 26
Concho, OK 73022

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Fax: (405) 422-1186
Toll Free: (800) 247-4612 ext. 27610

PUBLIC NOTICE

In accordance with the Constitution of the Cheyenne and Arapaho Tribes, Ratified April 4, 2006, Article XII, Section 6, a Recall Election shall be held for the Office of the Arapaho District Three (A-3) Legislator. The Recall Election for the A-3 Legislator shall be conducted according to the following schedule.

January 28th, 2009	Voter Registration closes at 4:00 P.M.
February 2th, 2009	Preliminary Voter Registration List is posted
February 6th, 2009	Challenges to Voter Registration List ends at 4:00 P.M.
February 12th, 2009	Final Voter Registration List is posted
February 18th, 2009	Absentee Ballots are mailed
March 11th, 2009	Election Day, Poll is open 7:00AM to 7:00PM, Photo I.D. required
March 12th, 2009	Certification of Recall Election

Posted, this 21st day of January, 2009, at the Tribal Headquarters, B.I.A. Concho Agency and the news media. Voter registration and any inquiries can be made in person or by mail to the Cheyenne and Arapaho Tribes Election Commission at the address above.

Frederick Blackbear, Chairman
Election Commission

Cheyenne and Arapaho
Tribal Tribune

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Oklahoma Press Association member

Native American Journalist Association member

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Tribal members may pick up copies at the following Oklahoma locations: Tribal complex, Smoke shop in Concho; Indian clinic, BIA office, Education building (Canadian Square), Chamber of Commerce, City Hall in El Reno; Indian clinic, Elder care, Housing building, Cheyenne Culture Center, Smoke shop in Clinton; Indian clinic, Food Distribution in Watonga; Canton Smoke shop, and Seiling/Fonda Community Center. / Papers are printed by Lindsay Webb Press.

Newspapers per copy - 50 cents; Annual subscription rate - $25; Enrolled C & A tribal members - FREE.

DEADLINES: *The Tribal Tribune is published on the 1st and 15th of each month. The deadline for the 1st issue is the 23rd of the previous month and the deadline for the 15th issue is the 8th of that month.*

Beauty pageant winner

Submitted article

On Jan. 10, 2009, Gracie Sue Pedro competed in the southern celebrity "Texas Walk of Fame Pageant" held at the Best Western Dallas Hotel and Convention Center in Garland, Texas.

Courtesy photos

Gracie Sue Pedro shows off her pageant dress.

The age groups ranged from birth to 18. Each age group competed in formal/beauty wear, outfit of choice, talent, and photos for most photogenic.

This pageant is special because it was filmed for national TV for a new series documenting baby pageants.

The program is called *Toddlers and Tiaras* and will air on TLC.

Pedro competed in each category. She wore a beautiful white cup-cake dress trimmed in violet and pink stoned roses.

For outfit of choice she wore a glitzed mini-mouse top and bottom made to match her hair bows. For talent Pedro danced in a black leotard and black gloves with a blinged out ring to Beyonce's "All the Single Ladies."

(Pedro's mother buys most of her dresses, re-stones them or fixes them up. She also buys a lot of everyday outfits and glitzes them up with stones and ribbon. Several of her outfits worn on stage her mother has fixed up and has added to or redone.)

Pedro won Overall Most Beautiful in her age division and took home a crown, medal, and plaque.

Taking the title of most beautiful means more than if Pedro won talent or best outfit, because in beauty they are judging her facial beauty and how pretty she is. Pedro's parents were proud she won Most Beautiful!

Pedro closed out the year 2008 with a bang. She won a crown for first runner-up; a trophy for best portfolio, and a crown for best casual wear at the Today's Girl Christmas pageant. She won Supreme Queen at the Our Diamond Miss Christmas pageant, and took home a crown and trophy.

Both Christmas pageants were held at Crossroads Mall in Oklahoma City.

Pedro's upcoming pageants are the ODM National Holiday Miss Pageant on Jan. 31, 2009 at the Redlands Community College in El Reno, Okla.

She won Overall Supreme Pro-Am baby last year at nationals. Next is a Valentine's pageant on Feb. 21, 2009 in Shawnee, Okla. Who knows, Pedro may be the next Miss America, but for now she is our little CheyManche Princess!

Pedro just turned two on Dec. 10, 2008 and is both Comanche and Cheyenne.

She is the sister to proud brother, Alex Nevaquaya, daughter of very proud parents Crystal and Bubba Pedro.

Maternal grandparents are Mary Nevaquaya, Del City, Okla. and Sonny Nevaquaya, Hollywood, Fla.

Paternal grandparents are Phyliss Naranjo of Utah, and Virgil M. Pedro Sr. of El Reno, Okla.

Maternal great grandparents are both the late Charlotte Nevaquaya, and renowned Comanche indian artist and flutist, Doc Tate Nevaquaya, both were from Apache, Okla., and the late Joyce Howry and Jerdine Eaglenest-Howry of Oklahoma City. Along with a host of aunties, uncles, and cousins.

Pedro does have one very special aunt whom she was named after, Pedro's middle name is Sue, which was given to her by her father after his beloved baby sister the late Marissa Sue Roman Nose.

Gracie Sue Pedro wearing her winning medal and holding her plague.

Although she was never able to meet her, she will always hold a very special place in our hearts and we know she is watching over her niece Gracie Sue.

Tribal member, poet, author

Submitted article

Lance David Henson was born in Washington, D.C. in 1944 and is Cheyenne, Oglala Sioux, and French.

He was raised on a farm near Calumet, Okla. by his great aunt and uncle, Bertha and Bob Cook.

Henson's great uncle was the groundskeeper for Chapter One of the Native American Church of Oklahoma.

Henson was the last of five boys raised by the Cooks and grew up in the southern Cheyenne culture.

Henson is a member of the Cheyenne Dog Soldier Society, the Native American Church and the American Indian Movement (AIM), and has participated in the Cheyenne Sun Dance on several occasions as a dancer and painter.

Henson served in the U.S. Marine Corps after high school and served during the Vietnam War. Henson graduated the Oklahoma College of Liberal Arts (now the University of Science and Arts of Oklahoma) located in Chickasha, Okla. Henson, also holds a MFA in creative writing from the University of Tulsa.

After ten years of conducting poetry workshops through the Artist in Residence program of the State Arts Council of Oklahoma, Henson began to travel, working both in the United States and in Europe.

Henson is the originator of the Darling School project in Italy and continues with the winter coat program funded by Ilcircio.

He has published 17 books of poetry in the United States and abroad and his books have been translated into 25 languages.

Henson has read and lectured in nine countries with readings that included the One World Poetry Festival in Amsterdam, the International Poetry Festival in Tarascon, France, and the Geraldine Dodge Poetry Festival in New Jersey.

Courtesy photo

Lance Henson

In March 2008 Henson was the feature poet at the National Museum of the American Indian in Washington, D.C. as part of the Vine Deloria Memorial reading series.

Henson represented the United States Information Service as a featured lecturer in Singapore, Thailand, New Guinea and New Zealand and has represented the Southern Cheyenne Nation at the European Free Alliance in Leeuwarden, Netherlands and at the United Nations Indigenous Peoples Conference in Geneva.

Henson will be returning to the United States in March 2009 to perform a poetry reading at his alma mater, University of Science and Arts of Oklahoma.

Blackowl, athlete of the month

Submitted article

Summer Blackowl, a Cheyenne and Arapaho tribal member has been named the January athlete of the month in VYPE High School Sports Magazine.

Blackowl is a senior at El Reno High School in El Reno, Okla. where she plays softball, soccer and basketball.

Blackowl was selected as an All-region player in 2008 and was recently named to the 2008 All-State fast pitch team as an outfielder after earning a .363 batting average at the plate, 18 RBI's, 19 runs scored and two homeruns.

Blackowl has also been a three-year starter in soccer earning All Conference for two years and a starter for three years on the El Reno High School soccer team.

Blackowl was named Student of the Month and has maintained a B Honor Roll in her freshman, sophomore, junior and now senior year.

Blackowl is an active participant in the Cheyenne and Arapaho tribes' activities and the after school-mentoring program.

Blackowl is the granddaughter of Walter Blackowl, the late Christine Blackowl, Gordon and Carol Meadows.

Courtesy photo

Summer Blackowl

She is the daughter of Becky and Terry Norris and George Blackowl.

Congratulations to Summer

Notice to all Disabled Individuals

To all person with disabilities living in the following counties: Beckham, Blaine, Canadian, Custer, Dewey, Kingfisher, Major, Roger Mills, Washita, Woodward and Ellis county. The Cheyenne and Arapaho tribes Vocational Rehabilitation program will open for review the policies of the program and will hold a case review on the same day.

This policy review will take place from 10 a.m. to noon Feb. 26, 2009, and the case review will be from 1 p.m. to 3:30 p.m. at the Cheyenne and Arapaho Technology and Innovation (CATI) 1621 B East Hwy #66 El Reno, OK. Located on the westside of the Canadian Square Shopping Center. If you have questions, call (888) 284-7725 or (405) 422-7617.

Is Patience Learned

Chapter 3

By Matheson Hamilton

In the early morning Afraid of the Dark sat in front of his campfire thinking about what had happened the night before.

The mist hung in the still air like smoke without the wind and the camp crier was telling other camps to get ready for this new day, but last night at the campfire with the flute player playing beautiful music and the story teller telling stories, Afraid of the Dark didn't just hear with his ears, but listened with his heart. Maybe it was his 16 seasons, or he was maturing as a warrior.

Whatever it was, he now knew there was a deeper meaning to the music and stories he grew up with. The music and stories were played and told with so much heart and emotion that Afraid of the Dark saw tears in the eyes of the hardest warriors.

They told stories of warriors, of quests, and of love. The ones that touched Afraid of the Dark the most were ones of the spirit world.

When he asked his Uncle questions about the spirit world, his Uncle said just because you can't see it, doesn't mean it doesn't exist.

Live your life based on your teachings, and always have faith in our Creator. You were put in this life for a purpose, and in time you will learn what your purpose is.

The stories at the camp fire had a great impact on Afraid of the Dark's everyday life. He found by listening with his heart he always learned a lesson. He remembered one story of a young warrior who went to get his first eagle feather and it reminded him of his self.

How when he was 13 seasons old he covered himself with leaves next to a staked out rabbit, high on a mountain where he knew as eagle had its nest.

How his Uncle told him not to kill the rabbit, as an eagle will only eat what it kills. He almost gave up after one and half days to leave but decided to stay awhile longer. That is when the eagle killed the rabbit and landed next to Afraid of the Dark's head.

As quick as he could, Afraid of the Dark reached up and grabbed a tail feather, which startled the eagle enough to make it fly off.

The story was pretty much like his own, and he knew that patience was to be learned from the story, but he always thought to himself what if I had left earlier then I wouldn't have gotten my feather. It scared him to have had bad thoughts like this, but he couldn't help but wonder.

He thought about a lot of times when he almost lost his patience. Like the time at the waterfall when he and two other warriors were stationed there as guards.

If he had lost his patience, then he would never have received the eagle feather for bravery. It seemed to him that whenever he had patience with any task good things always came to him. It had been 12 moons now since Afraid of the Dark had spoken with Lone Elk (Falling Leaf's father).

Whenever he wasn't hunting or on a journey, Afraid of the Dark sat with Falling Leaf and listened to the stories and music at night. He had the 14 ponies that Lone elk requested for Falling Leaf and he knew he had patience enough to wait two more moons.

It was just that when Yellow Dog took his wife six moons ago he left the camp of his Uncle and Aunt. Yellow Dog acted like nothing changed.

He just moved with his wife and made his own camp. Afraid of the Dark saw Yellow Dog everyday, yet in two moons Afraid of the Dark and Falling Leaf were to be together by themselves and instead of his Uncle making all the decisions, it would be up to Afraid of the Dark.

He wished he was more like his Uncle or Yellow Dog. So Afraid of the Dark went and talked with the Chief of his clan and the Chief said what kind of a Chief would I be to tell a warrior what to do, but I will advise you to make your own decisions and right or wrong, your wife will go along with anything you decide.

Afraid of the Dark thought it seemed so simple now. He felt a little ashamed for asking the Chiefs council that he told Yellow Dog. Yellow Dog said don't be ashamed, that is why he is a Chief.

Also he gave me the same advice. With that, Afraid of the Dark felt confident again. Now when he talked with Falling Leaf two moons seemed like an eternity.

He knew that his patience would pay off because Falling Leaf looked at him with love in her eyes and listened to every word he spoke.

When two moons had passed, Afraid of the Dark took 14 ponies to Lone Elk and Lone Elk took the reins and said you have kept your word Afraid of the Dark and now it is time for me to keep mine.

At the Sundance your vow will be up when you dance this new year in. So if it is alright with you, next week after the new year in our ceremonial way I will put you and Falling Leaf's lives together. Afraid of the Dark then turned to Falling Leaf and said I have heard your father's words and will make this decision for the both of us.

Afraid of the Dark said tell your father that it will be as he says and I will not talk to him until after the new year when I am his son and he will always be welcomed to our camp as this is our way. Now my future wife let's go relax to some music and stories, maybe we will learn something.

Author's note:

The reason I started writing this continuing story is because I took my girlfriend, Teri Arias, to the clinic and while waiting for her there I began chapter one.

I wanted to write about the warriors who influenced me while I was growing up in El Reno, Okla. To name a few, Butch Grenne, Bruce Doyebi, Richard Woods, Johnny Botone, and Clarence Blackowl.

Seeing them in uniform has had a major impact on my life and I will always be grateful to Randy Snead, my brother-in-law, who helped me to get into the service.

Nowadays, one veteran who is really helping his people and me and has had a great impact on my life is Richard Williams. Williams is the leader of our Cheyenne and Arapaho Color Guard. I know he is doing a great job and I want to say thank you.

To my brother Albert Gray Eagle, thanks for being there for me always.

I hope people enjoy the continuing chapters of my book as I continue to write them.

I pray to God that these stories will give meaning to the younger generations as they grow.

A-Ho

Matheson Hamilton

Gilmores Kitchen
422-2722
EVERY THURSDAY SPECIAL
Authentic
Indian Tacos
Made "NDN" Style
"Come by for the
Best Hamburger in Town!"
213 S. Bickford-El Reno
Mon-Fri: 7 a.m. - 2 p.m.
Saturday: 7 a.m. - 12 p.m.

WATONGA ADULT EDUCATION OFFICE

NEW HOURS

The Cheyenne and Arapaho Tribes' Adult Education office in Watonga, Okla. has new hours. The education counselor will be at this office on Wednesdays from 9 a.m. to 5 p.m.

Please call (580) 623-2784 on Wednesdays or (800) 247-4612 ext. 32341 to make other arrangements to see the counselor at the Watonga adult education office.

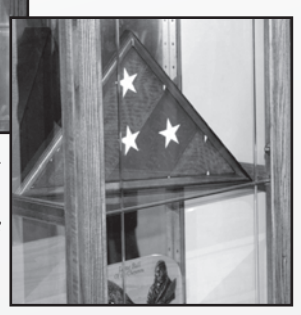
Tribal Tidbits

On Jan. 16, 2009 the Office of Veteran's Affairs unveiled the wooden curio cabinet that will be home to the flags flown over the U.S. Pentagon and the Oklahoma State Capitol as well as a sculpture honoring Cheyenne tribal member Lamebull.

Photos by Rosemary Stephens

Above: Security officer Justin Risenhoover stands beside the curio cabinet following the unveiling.

Amy Cain and Marvin Wilson share a laugh before the unveiling.



Above: The sculpture for Cheyenne tribal member Lamebull. Right: The flag flown over the Oklahoma State Capitol.

Photos by Rosemary Stephens

Kemit Chalepah, REACH program fitness assistant, instructs Marlene Reyes on the time walking exercise on Jan. 20, 2009 during the monthly fitness and exercise class.

L-R: Aurelia Blackbear, Patrice Nart and Aimee Smith wait their turn for the time walking exercise.

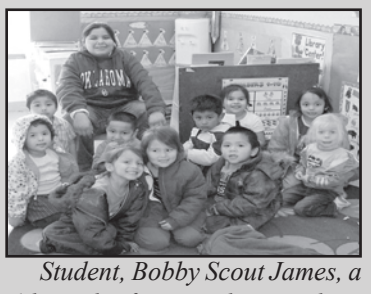
Right: Margie Deer, REACH program coordinator, leads the class to their next exercise.

Courtesy photos

The Clinton Cheyenne and Arapaho Head Start classes visit the Clinton Public Library for their field trip Jan. 21, 2009.

Clinton Head Start students dancing and singing songs at the Clinton Public Library.

A librarian at the Clinton Public Library reads to the head start students.



Student, Bobby Scout James, a 6th grader from Washinton Elemtary is guest speaker in classroom three. Back row: Jose Ramirez, Caiden Williams, Hector Sambrano Jr., X'Zaylia Murray, Katie Cardenas. Front row: Jamie Lovos, KaMarie YellowEagle, Sade Witeshirt, Jaron Racelis, Nevaeh LanHam.

Report to the People

CONTRACT DATES: January 1, 2008 to December 31, 2008
CONTRACT AWARD: $563,341.00

BACKGROUND:
The Cheyenne and Arapaho Tribes have a contract with the Indian Health Service to provide substance abuse services to any substance abuser eighteen years of age and older who has a Certificate Degree of Indian Blood. The residential facility of the Substance Abuse Program is known as the George Hawkins Memorial Treatment Center located in Clinton, Oklahoma.

PURPOSE:
The purpose is to provide all tribal members with a community based prevention and outreach program and primary residential treatment services. This is often proven effective in reducing the use of alcohol. It is also becoming more effective in the rising tide of other drugs such as methamphetamine. We guide clients to recovery and help reduce the use of illegal and addictive substances. Our counselors address individual, family, and community issues prompted by substance abuse. Our vision is for healthy and recovering American Indians. This is being accomplished through individual choices, excellent prevention services and professional therapy.

TARGET POPULATION:
The target population serves all American Indians with emphasis on those who live in the service area of the Cheyenne and Arapaho Tribes.

PROGRAM PHILOSOPHY:
The Substance Abuse Program offers primary residential treatment to American Indian tribal members. The treatment is offered on a twenty-four hour, seven day a week basis. Primary Residential Treatment is a non-medical, intensive treatment program designed to facilitate the substance abuser by placing the client in a highly structured therapeutic environment. The program offers individual and group counseling, substance abuse education and the 12-Step program of Alcoholics Anonymous adapted to the Indian culture.

REPORTS AND TRAINING:The Substance Abuse Program provides a reporting system to the people, to the Indian Health Services and to appropriate agencies such as family services, child welfare and tribal and district courts. Training is done by attendance at state and tribal conferences and weekly training and review sessions.

STATISTICS:
For the second semi-annual period of 2008 (July 1 to December 31), the Program had thirty-one (31) admissions in to Primary Residential Treatment and thirty-five (35) discharge. Of the discharge clientele, twenty-five (25) successfully completed sixty (60) days of Primary Residential Treatment. During that same time period, there are two hundred sixty-eight (268) group classes held on topics such as alcohol education, relapse/relapse prevention, communication/assertiveness, feelings/awareness, emotions, self-concept, relationships and spiritual/cultural aspects. There were nine (9) sweat lodge ceremonies conducted on the Treatment Center property. There were no Native American Church meetings held. The client is transported to Alcoholic's Anonymous and Narcotic's Anonymous meetings held at various times throughout the week.

LOCATION:
The Substance Abuse Program is located at the following address:

Cheyenne & Arapaho Tribes - Substance Abuse Program
George Hawkins Memorial Treatment Center
10320 North Airport Road
Clinton, Oklahoma 73601
(580) 331-2370 Telephone
(580) 323-9406 Facsimile

Respectfully Submitted,
Harold Spradling, M.Ed., LADC
Director, Substance Abuse Program
January 22, 2009

Form Created by: N. BARTON. Created & available for review on: January 22, 2009
Submitted by mail to IHS on: January 23, 2009
Submitted by e-mail to C&A Dept of Health & Tribal Admin. on: January 23, 2009
Submitted by e-mail to C&A Tribal Tribune for publication on February 1, 2009: January 23, 2009

Why do we need to control eastern red cedar?

The following information is from a poster printed by the Oklahoma Conservation Commission entitled "Eastern Redcedar, A Growing Threat to Oklahoma. The facts and figures are from "A Strategy for Control and Utilization of Invasive Juniper Species in Oklahoma, A Final Report of the Redcedar Task Force, December 2002"

- Eight million acres in Oklahoma are infested with at least 50 Eastern Redcedar or other juniper per acre. This is a 400 percent increase in acres infested in the past 52 years. Cedar infestation is increasing at a rate of 762 acres a day.

Why should we be concerned in Oklahoma?

- Safety – Redcedars create a high fire hazard when allowed to grow too close to homes and other buildings.
- Health – Pollen grain concentrations (the allergen produced by juniper trees) tripled from 1988 to 1996, and this presents a growing health concern for many Oklahomans.
- Economic Impact – Redcedars are encroaching into pasture and rangeland, reducing forage production and livestock carrying capacity. Redcedars are costing Oklahomans $218 million a year in loss of cattle forage, wildlife habitat, recreation and water yield. This annual economic loss will increase to $447 million by 2013 if steps are not taken to control the growing population of cedar and other juniper species. Over 300,000 acres of Eastern Redcedar and other juniper infestation must be controlled each year just to break even with the current rate of increase in the number of trees.
- Environmental Changes – Redcedar invasion into native plant communities changes habitat structure and composition that results in the displacement of quail, deer, turkey and many songbirds.

The above information is to let the public know that when they see Eastern Redcedars burning in a pasture it is good. Eastern Redcedar is native to Oklahoma but only on certain landscapes. The cedar is naturally found in canyons and ravines not on the flat uplands. The main reason they are spreading is because fire is now controlled by man. Fire would keep the brush and trees in check maintaining the open grassland of the prairies. Fire naturally stopped when it came to a river or the top of a canyon.

Eastern Redcedars have male and female trees; the trees with the blue berries are the females and the trees with the yellow tinge to them are the male trees. Birds will eat the berries and deposited the seeds while sitting on fence rows and on tree branches after digesting the blue berry part.

Eastern Redcedar trees grow approximately 1 foot per year. They are easy to kill by either cutting them down below the bottom branch or with a prescribed burn. The Natural Resources Conservation Service usually recommends cutting cedars that are 6 foot tall because they are least likely to have enough fuel (grass) to ignite them. After cutting cedars an abundance of seedlings will begin to show up within a two – three year period. The seedlings can easily be killed with a prescribed burn with adequate fuel. Wait a month and see if there are any trees with green let on them; those trees are still alive and will need to be cut down to kill them.

Prescribed burning is the most cost effective method to control Eastern Redcedar. Prescribed burning is a fire that is following a prescription: wind direction, relative humidity, air temperature, and fireguards. For help on developing a Prescribe Burn Plan which is required when doing a burn; contact your local USDA Natural Resources Conservation Service.

Laurie Boerngen, USDA-Natural Resources Conservation Service, Rangeland Management Specialist, Cheyenne, Okla.

Preventing child abuse

I want to introduce myself; my name is Adrian Prairie Chief, and I am the prevention caseworker for the Cheyenne and Arapaho Indian Child Welfare. I just recently came to back to ICW after being in the education department for the past two years.

Below are some tips or ways you can prevent child abuse from happening.

WAYS TO PREVENT CHILD ABUSE

(Source: Prevent Child Abuse America)

- Be a nurturing parent (children need to know they are special, loved, and capable of following their dreams).
- Help a friend, neighbor or relative (being a parent isn't easy – offer a helping hand).
- Take time for yourself (when you feel overwhelmed and out of control, take time out – don't take it out on your child).
- If your baby cries … it can be frustrating to not be able to calm your child down – learn how to handle a fussy baby and ways to soothe them (remember: shaking a child may result in severe injury or death!).
- Get involved in your community – promote prevention programs in your community and schools.
- Report suspected abuse or neglect.

Legion

Continued from page 1

Photo by Rosemary Stephens

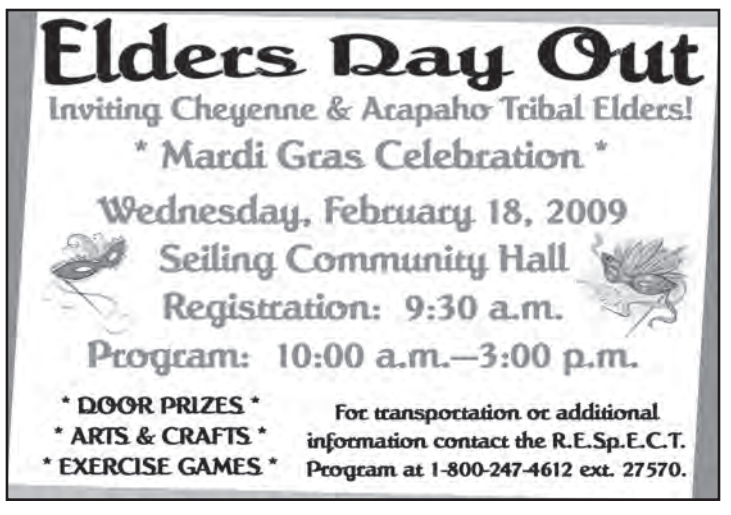
Marvin Wilson presents Assistant District Commander David Mitchell (l) and District Commander Alan Brunt with coffee cups.

The vice-commander pin was presented to Lt. Gov. Melvin Whitebird and Virginia Chatman, the chaplain pin was presented to Robert Simpson, and the adjutant pin was presented to Linda Schneider.

At the close of the meeting Wilson gave Brunt and Mitchell coffee cups depicting a Native American Indian riding a horse as a thank you for visiting and Jennifer Wilson, Ladies Auxiliary president, presented Brunt's wife, Jeanne with a blanket.

A drawing was held for the new Post 401 baseball cap, with Alex Warden being the winner.

The next Concho American Legion Post 401 meeting will be held Feb. 19, 2009 at the Clinton Senior Center, Clinton, Okla. For more information contact Marvin Wilson, Office of Veteran's Affairs, (405) 422-7682.


Elders Day Out
Inviting Cheyenne & Arapaho Tribal Elders!
* Mardi Gras Celebration *
Wednesday, February 18, 2009
Seiling Community Hall
Registration: 9:30 a.m.
Program: 10:00 a.m.—3:00 p.m.
* DOOR PRIZES *
* ARTS & CRAFTS *
* EXERCISE GAMES *
For transportation or additional information contact the R.E.Sp.E.C.T. Program at 1-800-247-4612 ext. 27570.

Native American inmates fight Alabama long hair ban

(MONTGOMERY, Ala.) - Native American inmates in Alabama object to the prison system's ban on long hair, saying it infringes on their tribal religious customs, and are asking a federal court to let them wear it that way if they choose.

A ruling in the 15-year legal battle over the grooming policy is expected soon from U.S. Magistrate Judge Charles S. Coody, after testimony on the issue ended. The prison system defends the policy, saying in a pretrial order that long hair poses a threat to ``prison security, safety, health and hygiene ... and public safety.''

The short style helps prevent inmates from hiding contraband, from grabbing hair during fights, and lessens the chances of hair getting caught in machinery or doors, correction officials say.

Inmates' attorneys say Alabama is one of 12 mostly Southern states that prohibit long-haired prisoners. Other states and the District of Columbia either allow it for religious reasons or have no rule against it, according to a survey that has been admitted as evidence in the case.

``There is a striking parallel between the forcible cutting of Native American hair and the former Confederate states,'' said Mark Sabel, a Montgomery attorney representing the eight men who are suing the department. ``These are your former slave states and they are the same ones that prohibit the full observance of Native American religious traditions.''

Deward Walker, a professor with the Department of Anthropology at the University of Colorado, provided expert testimony in September 2008 that ``participation in traditional religious practices has a salutary, beneficial effect upon the Native American inmates and I believe upon the institution.''

Walker testified that the forced cutting of a Native American's hair ``can only be perceived as punishment, as well as the deliberate desecration and diminishment of the person in every respect.''

Calls to Alabama Department of Corrections spokesman Brian Corbett and attorney Joseph Steadman, who is representing the system in the case, were not immediately returned.

Sabel said the inmates have won some religious concessions during the litigation, including access to ceremonial items such as rattles and pipes, religious literature and the ability to hold sweat lodges four times a year. There are 25,303 inmates in Alabama prisons and 195 are Native American.

Users satisfied with debit card program pilot

An independent survey of the Office of the Special Trustee for American Indians' (OST) debit card pilot program revealed an overall satisfaction rating of 77 percent among users.

OST began enrolling beneficiaries in December 2007. The program was expanded to nationwide coverage in September 2008. As of Dec. 31, 2008, more than $3 million of trust funds had been disbursed through debit cards to Indian trust beneficiaries.

"We are reaching our target population," said Special Trustee Ross Swimmer. "Ninety-five percent of the beneficiaries who signed up during the program pilot were receiving disbursements by paper checks before switching to the debit card option."

The debit card option was offered as a safer and more convenient way for Indian trust beneficiaries to receive trust income. Sixty-six percent of those who signed up for the program during the pilot did not have bank accounts.

Receiving disbursements by check typically meant they incurred check cashing fees. An analysis of the survey of users who signed up during the pilot showed:

· Eighty-two percent were "extremely" or "very" satisfied with the enrollment process (includes 72 percent extremely satisfied and 10 percent very satisfied, the top two of five categories).

· Seventy-seven percent were "extremely" or "very" satisfied with the overall program (includes 64 percent extremely satisfied and 13 percent very satisfied, the top two of five categories).

· Seventy-eight percent would recommend the program to others (includes 66 percent who would "definitely" recommend and 12 percent who would "probably" recommend the program to others; the top two of five categories).

· Seventy-one percent reported zero problems using the card.

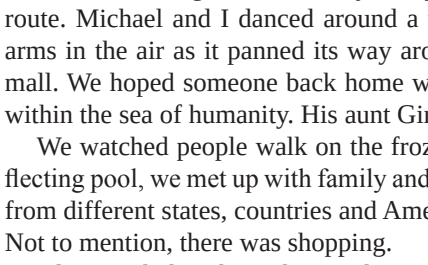
JP Morgan Chase Bank, who provides the debit card service to OST beneficiaries, arranged for an outside contractor to conduct the survey. Beneficiaries can enroll in the debit card program at OST field office locations through their Fiduciary Trust Officers or through OST's Trust Beneficiary Call Center (TBCC), which complements local services with trained operators who have access to various trust systems.

The TBCC telephone number is (888) 678-6836. It is staffed Monday through Friday, 7 a.m. to 6 p.m., and Saturday, 8 a.m. to noon, Mountain Time.

Becoming

Continued from page 1

Photos by Dana Attocknie and Michael Sulphur



same time, with everyone sharing the same big smiles, contagious laughter and the camaraderie of knowing you were on the same ride. Proof of this came when some people helped me scale over a small barrier and then a fence just so I could get a little closer to the action. It was nuts! Some people sat in trees or stood on top of the portable toilets for a better view, but that's where I drew the line.

A few people had to be taken out of the crowd because of exhaustion or to warm up from the cold wind that was slapping our faces all day.

It was amazing to hear the presidents' address radiate throughout the mall. People from different countries were all around you, sharp shooters were above you, the media was in front of you, and all your worries were behind you during Obama's speech.

Along with Obama's vision, the speech that helped sum up the day for us was the benediction given by the Rev. Joseph Lowery soon after Obama spoke. The conclusion of his speech ended with the following text and a handful of Amen's that roared out from the crowd.

"Lord, in the memory of all the saints who from their labors rest, and in the joy of a new beginning, we ask you to help us work for that day when black will not be asked to get back, when brown can stick around, when yellow will be mellow, when the red man can get ahead man, and when white will embrace what is right. Let all those who do justice and love mercy say Amen."

So, now Michael wants to get t-shirts made that say, "Let the red man get ahead, man."

After the inauguration, mostly everyone trekked to the parade route. Michael and I danced around a television camera with our arms in the air as it panned its way around the crowd leaving the mall. We hoped someone back home would say they saw us there within the sea of humanity. His aunt Ginger said she saw us.

We watched people walk on the frozen water in the Capitol reflecting pool, we met up with family and friends, and we met people from different states, countries and American Indian tribes/nations. Not to mention, there was shopping.

Along with the Obama hats, t-shirts and buttons that most people were wearing, people were selling Obama earrings, paintings and pajamas (they called them O-jammies). One place had McCain souvenirs for the low, low price of $3.

There were flags being flown from all over the globe, including my small Comanche Nation flag. People of all ages, races and religion attended. Michael kept waiting for someone to blast out "Imagine" by John Lennon over the speakers.

Although we stood in line and walked until we were numb on inauguration day, it was always invigorating, inspiring and impressive each time fists jumped into the air and everyone chanted, "Yes, we can!" It took minutes to settle a crowd once this began and people sang that slogan until either their voices let out or until we could no longer sing and cry at the same time.

Michael said that he knew that his ancestors were smiling somewhere on the other side because all people who had been discriminated against because of the color of their skin were maybe, just maybe, free at last. (At least somewhat better for us).

That evening, Michael and I attended the 11th annual American Indian Inauguration Ball held by the American Indian Society of Washington, D.C. The theme of the formal event was "A Celebration of Many Nations – One people." Billy Mills was the honorary chairman of the ball and several American Indian musicians/bands played throughout the evening. Everyone sparkled and enjoyed the

See Becoming, page 7

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Earthquake reported in central Oklahoma

(OKLAHOMA CITY) - The U.S. Geological Survey is reporting an earthquake southwest of Oklahoma City.

The quake had a preliminary magnitude of 3.4 and no injuries or damage is reported. The U.S.G.S. say the earthquake was felt about 5:19 a.m. Wednesday and its epicenter was about 5 miles northeast of Chickasha.

A magnitude 2.5 to 3 quake is generally they smallest that is felt by people. A magnitude 4 quake can cause moderate damage.

Public Notice:

The free services for C&A employees and members at the CATI Training Center in the Cheyenne and Arapaho tribes Department of Education include:

- Computers in two labs are available for use by appointment.
- Walk-ins are welcome depending on computer availability.
- We have both group and individual training. We offer the training you need at the times that you are able to attend.

Call us to set up your training at (405) 262-1906 or (405) 422-7638.

Cheyenne and Arapaho Tribal College
100 Campus Drive,
Weatherford, OK 73096
Phone: (580) 774-3742
Fax: (580) 774-7085
E-mail: catc@swosu.edu

Lunch & Learn
February 25th, Wednesday
12:15 - 1:00pm
@ Fitness Center Conference Room in Concho
Light Snack will be provided
TOPIC: Healthy heart nutrition and increasing your heart rate during exercise
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Eating well for diabetes

By Kristie Purdy, MA, RD,
C&A Diabetes Wellness Program

The Heart of Diabetes

In an effort to fight heart disease, the month of February has been dedicated to celebrating heart health. Diabetes and heart disease are closely linked.

People with diabetes are two to four times more likely to develop heart disease and other cardiovascular risk factors including: high blood pressure, high blood cholesterol, obesity, and insulin resistance.

As closely as people with diabetes watch their carbohydrate intake to control blood sugar, it is equally important for people with diabetes to monitor fat intake to control risks for heart disease.

To prevent heart disease, it is important to maintain a healthy diet and lifestyle.

A diet rich in a variety of fruits, vegetables, wholegrains, legumes, fat-free or low-fat dairy products, fish, poultry and lean meats is essential in the prevention of heart disease.

Reducing the amount of saturated fats, *trans* fats, sodium and cholesterol in your diet will help to protect your heart as well.

Saturated fat is a type of fat that is known to raise low-density lipoprotein (LDL cholesterol).

An increase in LDL cholesterol can increase risk for heart disease. Saturated fat is found primarily in animal products such as fatty cuts of beef and pork, fat on poultry-including the skin, dark meat poultry, whole milk, cheeses made with whole milk, lard, cream, and butter.

Coconut and palm oil also contain a high amount of saturated fat. Saturated fats should be limited to less than 7 percent of total daily calories. For a 2000 calorie a day diet, this would be about 16 grams of saturated fat a day.

Trans fat is the by-product of a process called hydrogenation. This process takes liquid oils and turns them into solid fats. Products containing *trans* fats are often found in margarine, crackers, commercial baked goods, and fried fast-foods.

Trans fats are responsible for increasing LDL cholesterol and should be eaten as little as possible.

Many foods that are high in saturated and *trans* fats are also high in cholesterol. While your body naturally makes some cholesterol, the rest of the cholesterol found in your body comes from dietary sources. Foods from animals (especially egg yolks) contain cholesterol.

An abundant amount of dietary cholesterol will increase the LDL cholesterol levels in your body, which increases the risk for heart attack or stroke. The American Heart Association recommends limiting dietary cholesterol to 300 mg a day.

To follow a heart healthy diet, sodium (another word for salt) should be restricted.

In some individuals, too much sodium can lead to high blood pressure, which can develop into heart disease and stroke.

The average American eats two times the amount of sodium they should have daily. The recommendation for sodium is 2,300 mg per day, which is about one teaspoon of salt.

A good way to limit the amount of sodium in your diet is to pay attention to food labels.

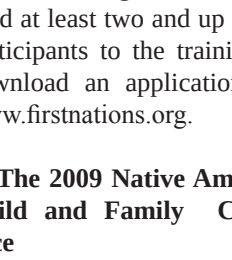
If salt, sodium chloride (NaCl), monosodium glutamate (MSG), baking soda, baking powder, or disodium phosphate is listed, there will be sodium in the food.

Other foods that are traditionally high in sodium that should be limited include: salted snacks, ham, bacon, corned beef, luncheon meats, sausages, hot dogs, canned foods, frozen dinners, cheeses, buttermilk, seasoned salts, meat tenderizers, and sauces.

In addition to modifying your diet, adding some form of physical activity to your daily routine will decrease the risk for heart disease as well as insulin resistance.

To maintain a healthy heart, the American Heart Association recommends at least 30 minutes of physical activity most days of the week.

However, to reach goals of weight loss or weight maintenance, more than a minimum of 30 minutes of moderate physical activity is required.



Cooking with commods

Whole Wheat Waffles
2 cups biscuit mix
1 - 1/2 cups milk
1/2 cup whole wheat flour
2 tablespoons sugar
2 tablespoons canola oil
1 egg

Heat waffle iron. Coat with cooking spray. Combine all ingredients and stir until well blended. Pour into center of hot waffle iron. Close lid of waffle iron. Bake about 5 minutes or until steaming stops. Carefully remove waffle.

Makes: 12 (4 inch) waffles

CULTURAL CORNER

Arapaho cultural lessons on respect

Written by Merle Haas, in Consultation with elder Amrose Brown and Alonzo Moss Sr.
September 1994

Traditional values and beliefs of the old people

Bravery, generosity, sharing, honesty, strength, freedom, love and wisdom were values that were taught to the youth as they progressed from one stage of life to the next.

All children were taught to respect one another. A long time ago, there were restrictions young people were expected to follow.

Brothers and sisters did not talk to one another beginning at about the age of 13, but when they became very old, they did.

Bravery: A long time ago, it was necessary to be courageous because the Arapaho had traditional enemies. Sometimes it was necessary to fight for hunting grounds and there were warrior societies that existed then. Strength was shown by trying to protect the tribe from enemies and danger.

Today, we still try to protect our families from any kind of harm. Many present day warriors are still fighting for our land and sovereign rights for future generations to come.

Generosity and Sharing: The Arapaho have been known to be a giving people. Today, as in the past, Arapaho people will honor their loved ones by having a "give-away." They may save up gifts and items for a year and plan a day to honor their relative.

Honesty and Freedom: Arapaho people were very honest in their dealings with one another in the past. It was necessary for the welfare of the tribe in getting along.

The virtue of freedom was expressed by their whole livelihood; they hunted freely, they practiced their customs and beliefs, and they expressed themselves in their own language.

People need to be honest in tribal society today to get along. Freedom is still achievable by striving to protect our cultural ways and preserve our language. It is a right and a responsibility that Arapaho people have.

Arapaho Cultural Lesson

Respect Yourself

It is important to respect one's self and one should also be mindful of how he or she behaves in front of family and friends.

We are given a life to live in whichever way we choose. But there is a strength that we as a people possess that makes us different.

We are Arapaho, and we have a language and culture. Our ancestors have handed down our ways to our parents and grandparents, and it is our responsibility to pass these ways down to future generations.

As individuals of the Arapaho tribe, it is important that we try to learn and carry on, and pass on our language and cultural beliefs, so that our race will continue.

We must respect ourselves - our minds, bodies, and our spirits, so that we can contribute a sense of health and strength for our families and the rest of the tribe.

Respect your family

Our extended family relationships are important, as well as our nuclear family - our mother and father, our brothers and sisters. Cousins are brothers and sisters too; aunts and uncles assume roles as parents and you call them mothers and fathers; grandparents give spiritual guidance and love.

There are certain rules and roles one follows toward respecting family members:

- You don't use abusive language toward parents.
- You don't tease cousins, your brothers and sisters.
- You don't walk in front of an old person when they are talking or smoking.
- You listen to parents because the have experienced life in all its goodness and can tell you about it.
- You love your brothers and sisters because if you do, they will always stand beside you in your lifetime.
- You listen to grandparents. They can guide you and teach about the traditions and spirituality or your people.

Respect Elders

The elders are the "Keepers of Tradition." They know the language, the stories, songs, and values of Indian people. Arapaho elders provide a link to the past; how our ancestors lived and believed.

Some of our old people know about past societies and clans that no longer exist today.

Their stories are full of adventure and they can tell you about a time when animals could talk and the people could understand.

Many of the ways of the Arapaho have been handed down from one generation to the next by means of our elders.

They knew about the age grade societies where one achieved status and recognition as a leader or medicine person only by reaching a certain age and undergoing certain rituals.

Our elders know about the spiritual ways of the Arapaho and work toward preserving the spiritual ways for future generations.

It is important to respect our elders. We must try to learn from them to preserve our language and culture.

Today, we have many stories, and songs, but many do not speak the Arapaho language.

We need to hold on to what we still have. Someday, we may be elders and depended upon for the stories, songs, and language.

Respect Creation

The earth is like our mother. She gives us shelter, warmth and protection by providing trees from the mountains and hills, to build and heat our homes. She feeds the animals and fish so that we can use these same animals for food and clothing. She gives us water from the lakes, rivers and streams to grow our crops and to fish.

The earth provides roots and herbs for teas and medicines. The earth is good.

Everything in nature is good to us. The sun also gives us warmth, but also feeds the plants. Rain and snow nurture the earth and give back to the lakes, rivers, and streams. The wind blows away sickness and the moon governs the time of birth for future generations coming.

We must respect everything in creation. We must not abuse her by destroying the trees, rivers and lakes.

We should not take more than we need and we should use what we take. There are laws that govern nature, and we should obey them. By hurting the earth and animals, we hurt ourselves.

The elderly

We often forget, in our rush toward contemporary lifestyles, to pay attention to the most threatened of all- our elderly.

The elderly represent the last link with our traditional society. They are the people who hold in their hearts, the legends and the knowledge of our land, and who understand our relationship with the natural world.

They are the guardians of our past, without which we cannot have a positive future. Yet, we forget to give our elderly the respect they deserve.

If we ignore this link, and if we lose our respect for the elderly, then we ignore our foundations. The elderly are the cornerstone of our current society and their contributions to the richness of Indian life cross all boundaries.

We remember, as children, watching our grandparents, touching their silvery hair and deeply wrinkled faces and feeling awed by their beauty. We wanted to be like them, for our hair to turn white with age.

There are Arapaho prayers, which ask for a long life. Traditionally, we aspired to reach the beautiful age of the elderly, to hold that wisdom that only age brings, and we do not want our children to make fun of the elderly, but to be respectful and never be ashamed of them for their physical weakness.

The elderly are a valuable community resource. They should be commended for their contributions and courage. Their viewpoint can provide valuable input into government programs.

Take the time to listen to them. Someday we are all going to be old. Each year as our population grows; there are more elderly people.

Our only lifeline of support is the government: tribal, state, or federal. But as a people, we should not exclude our elderly, not underestimate their knowledge.

We should reinforce and respect their right to live in dignity and to grow old gracefully.

More than just grandparents, the elderly are the strength and foundation of Indian cultures. They are our passport to a meaningful life and to the wisdom and beauty of old age.

BRIEFS

Native IDA Training and Free Technical Assistance

Feb. 24-26, 2009 in Albuquerque, N.M. Native organizations start, implement, and sustain Individual Development Accounts (IDAs) in their communities. Organizations must send at least two and up to four participants to the training. To download an application visit www.firstnations.org.

The 2009 Native American Child and Family Conference

Mar. 1-5, 2009 at the Hilton Santa Fe Golf Resort and Spa at Buffalo Thunder, Santa Fe, N.M.

Native American Head Start programs working together to build strength through diversity.

For more information visit www.southwestconsortium.org

Third International Meeting on Indigenous Child Health

March 6-8, 2009 at the Hotel Albuquerque in Albuquerque, NM. For more information visit www.aap.org.

The 23rd annual Reservation Economic Summit and American Indian Business Trade Fair

Mar. 9-12, 2009 at the Las Vegas Hilton, Las Vegas, Nev. For more information call (800) 4NCAIED ext. 243 or go to www.ncaied.org.

National Center for American Indian Enterprise Development Conference

Mar. 9-12, 2009 at the Las Vegas Hilton. For more information call (202) 466-7767, or email to ncai@ncai.org.

The 2009 Native American Critical Issues Conference "Visioning Our Future, Celebrating Our Traditions"

Mar. 12-14, 2009 at the Soaring Eagle Inn and Conference Center, Mt Pleasant, Mich.

Spend two days with hundreds of educators, leaders in tribal governments, state government, Title IX directors, school administrators, teachers, parents, native elders, counselors, university admissions staff, Johnson O'Malley program staff, tribal colleges, and other higher education institutions.

For more information visit www.miec.org.

The 35th annual Society for American Music Conference

Mar. 18-22, 2009 at the Denver Marriot City Center, Denver, Colo. Highlights include induction of the 2009 honorary member Tony Isaacs, founder and chief recordist of Indian House Records.

Register by Feb. 24, 2009 to receive discounted hotel fares. For more information or to register go to www.american-music.org.

Building Nations Through Education

Mar. 18-19, 2009 at the University of Arizona in Tucson, Ariz. Register online at www.maricopa.edu/studentaffairs.

Native Nation Building Emerging Leaders

Mar. 25-26, 2009 at the Desert Diamond Casino and Hotel in Tucson, Ariz. Early registration deadline Feb. 24, 2009. For more information call (520) 626-0664 or visit nni.arizona.edu.

Congress likely to delay end of analog TV to June

(WASHINGTON) - Congress appears poised to grant a four-month delay in the upcoming shutdown of analog TV broadcasts, though broadcasters still will be allowed to go all-digital earlier if they want.

The House is expected to vote on a bill that would shift the analog TV shutdown to June 12 from Feb. 17.

The Senate unanimously approved the idea Monday Jan. 26, 2009, in a victory for the Obama administration and Democratic lawmakers who argue that too many Americans wouldn't be ready to get digital broadcasts by Feb. 17.

The Nielsen Co. estimates that more than 6.5 million U.S. households that rely on analog sets to pick up over-the-air broadcast signals could see their TVs go dark next month if the transition is not postponed. People who subscribe to cable or satellite TV, or have a newer TV with a digital tuner, are not affected.

Speaking on the House floor late Tuesday, Rick Boucher, D-Va., chairman of the House Commerce Committee's Subcommittee on Telecommunications and the Internet, said Congress must delay the switch because ``we simply cannot permit the level of dislocation that would otherwise occur'' next month.

Democrats will need the support of at least two-thirds of House members to pass the Senate bill, which is sponsored by Senate Commerce Committee Chairman Jay Rockefeller, D-W.Va. The bill has run into opposition from some key House Republicans, including Joe Barton, R-Texas, ranking member of the House Commerce Committee.

During a House floor debate Tuesday night, Barton said a delay would be ``a solution looking for a problem.''

Barton argues that postponing the transition date would confuse consumers and burden the wireless companies and public safety agencies that are waiting to use the airwaves that will be freed by the shutdown of analog TV broadcasts. The shift to entirely digital broadcasts, which are more efficient than analog, has been planned since the 1990s.

Opponents of a delay also worry about the added costs for television stations that have been banking on the Feb. 17 date and wouldn't want to keep broadcasting both analog and digital signals for another four months. But Rockefeller adjusted his bill to let broadcasters go entirely digital sooner than the June deadline if they choose _ a provision that has helped win the backing of the National Association of Broadcasters.

The Obama administration began pushing for a delay this month after the Commerce Department hit a $1.34 billion funding limit for coupons that help consumers pay for digital TV converter boxes.

The coupon program allows consumers to request up to two $40 vouchers per household to help pay for converter boxes. The boxes, which generally cost between $50 and $70 each and can be purchased without a coupon, translate digital signals back into analog ones for older TVs to handle.

The National Telecommunications and Information Administration, the arm of the Commerce Department administering the program, is now sending out new coupons only as older, unredeemed ones expire and free up more money. The NTIA had nearly 2.6 million coupon requests on a waiting list as of the week of Jan. 19, 2009.

Famous People With A GED

Reprinted with permission from EzineArticles.com
By Michael W. Ormsby

ABC News anchor Peter Jennings. Actor and comedian Chris Rock. Sanjaya Malaker, the popular singer from American Idol. Judge Greg Mathis. What do these people have in common, besides being famous and respected? None of them finished high school, and they all earned their the GED.

Judge Mathis grew up in the housing projects in Detroit. He was involved in gangs. He spent time in jail. How did he pull himself out? After learning that his mother had cancer, Mathis decided it was time to change the course of his life. He was offered probation, if he entered a General Education Development program. He didn't just stop there though. He went on to college and law school, and he became the youngest superior court judge ever to serve in Michigan. Did he stop there? No, he went on to have his own television court show.

With a GED, opportunities for job advancement or for new careers can open up. Many promising careers, like a travel agent, human resources assistant, salesperson, or physical therapist aide, require a high school degree or General Education Diploma. The armed forces now require a General Education Development certificate or high school diploma. GED graduates make an average of $385,000 more in their lifetime than people without. That's a raise of $12,000 a year for most people.

The General Education Development diploma is most lucrative when it's a gateway to higher education at trade schools, community colleges, or universities. The average income for college graduates is $44,000, more than double the income of people who haven't graduated high school, and 97% of colleges accept GED graduates.

Another highly respected GED graduate, ABC News anchor Peter Jennings, was an active sponsor of scholarships for GED recipients. When speaking at a scholarship ceremony in 2003, he said: "You are now so much more prepared to go off in search of America. ... You have indelibly today taken a huge and magnificent step forward." Are you ready to take that step forward and find the land of opportunity?

Earning a General Education Diploma is not difficult. Most people can prepare in a few short months with online study programs. The GED has gleaned the bare essentials from high school . . . the things that are most valuable for success in today's job market. You don't need to memorize lots of facts and dates. It focuses on critical thinking skills: analyzing, making inferences, and applying concepts to new situations. With a little practice, you can quickly improve these valuable skills and ace the tests.

To learn more about online GED study programs: www.passged.com

Investigators still mum on deaths of Arapaho girls

(LANDER, Wyo.) - The chairman of the Fremont County Commission says he remains concerned that no more information has been released in last year's deaths of three girls on the Wind River Indian Reservation.

The bodies of 13-year-old Elyxis Gardner, 14-year-old Winter Rose Thomas Jenkins and 15-year-old Alexandrea WhitePlume were found at a tribal housing complex south of Riverton on June 4, 2008.

Investigators have not said publicly what killed the girls.

County Commission Chairman Doug Thompson has been vocal in seeking more information. He brought the issue up again at a recent commission meeting.

``I just wanted to continue to express concern,'' he told County Coroner Ed McAuslan.

McAuslan said he understood the concern but believes federal law prevents him from releasing information in cases involving juveniles.

Thompson said he wasn't trying to be insensitive to the young girls' deaths but wanted to be reassured that nothing in the investigation was being overlooked.

``Mr. Chairman, I would give you my personal guarantee that's not happening,'' McAuslan responded.

A spokesman for the U.S. Attorney's Office in Cheyenne told The Riverton Ranger he couldn't confirm or deny the existence of any case related to the three girls' deaths.

The federal prosecutors are responsible for investigating all major crimes on the reservation.

Messages left at the FBI in Denver by the newspaper were not returned.

The girls were Northern Arapaho. Tribal leaders in the weeks after the deaths launched a major effort to curb alcohol and drug abuse among teens on the reservation.

The Cheyenne and Arapaho tribes S.T.O.P (VAIW) Violence Against Indian Women

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- Advocacy
- Support

(800) 247-0345 x27692
Coord. 370-1707
Advocate 615-9531

Becoming

Continued from page 5

atmosphere, especially the people who skipped to the second floor ballroom for some jiving and conniving to the sounds of 1970s dance music.

The society recognized LaDonna Harris and Mitchell Bush with a Lifetime Legacy Award. We also ran into Chris Eyre (Cheyenne/Arapaho) the director of Smoke Signals at the ball.

We attended the society's powwow the night before and signed a poster to be given to Obama. There were Indians from everywhere there, it seemed.

The day after the inauguration, we toured the National Mall and on our way to check out the Supreme Court we were almost stampeded by the Pro-life parade/protest that was headed to the same place. The protesters were there on the anniversary of Roe v. Wade. It took us a while to get through the labyrinth of people.

Our drive back home did lead us through some McCain towns, which is what we dubbed them since the street vendor Obama sweatshirts we sported drew a few subtle stares, snubs or silence.

Michael and I at the American Indian Inauguration Ball on Jan. 20, 2009.

Naturally, those experiences reminded us of how far we have to go as minorities, yet it was empowering to know that it was those same experiences that probably fueled us and allowed us to witness President Barack Obama as he took the Oath of Office.

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FEBRUARY 2009
SCHEDULE OF ACTIVITIES

SUNDAY, FEBRUARY 1
Harlem Globetrotters Show
Ford Center - Oklahoma City

FEBRUARY 1, 8, & 15
Adult Basketball League
R.E.Sp.E.C.T. Activity Center - Clinton, Oklahoma

FEBRUARY 2, 9, 16 & 23
Adult Bowling League
El Reno Bowl

WEDNESDAY, FEBRUARY 18
Elders Day Out
Seiling Community Hall

SATURDAY, FEBRUARY 21
Cheyenne & Arapaho Youth Council Activity

FEBRUARY 28 - MARCH 1
Adult Basketball League Tournament
R.E.Sp.E.C.T. Activity Center - Clinton, Oklahoma

FOR MORE INFORMATION CONTACT THE R.E.Sp.E.C.T. OFFICE AT 1-800-247-4612 EXT. 27570.

CALENDAR of Events

The 2009 Red Earth Master Artist Show
Feb. 1, 2009 Art award recipients of the 22nd Annual Red Earth Native American Cultural Festival are featured in this invitational art show at the Red Earth Museum. Call (405) 427-5228 or www.redearth.org for information.

The 2009 Harlem Globetrotter's "Spinning the Globe" World Tour
Feb. 1, 2009 at the Ford Center in Oklahoma City. For tickets and more information go to www.fordcenter.com.

Concho, El Reno, Kingfisher Community meeting
Begins at 6 p.m. Feb. 3, 2009 at the Concho Community Building.

Geary Community meeting
Begins at 6 p.m. Feb. 5, 2009 at the Geary Community Building.

Cheyenne-Seminole Indian Graduation Dance for Nicole Barron Littleman
Feb. 7, 2009 at the Concho Community Center in Concho, Okla. Dance begins at 3 p.m. and dinner served at 5:30 p.m. Inviting all past and present Veteran Princesses, War Mother Organizations and Color Guards. Sponsored by the Littleman family.

First annual Oklahoma Native American Music Festival
Feb. 7, 2009 at the Comanche Community Center, Apache, Okla. from 6 p.m.-11 p.m. Featuring SoundChief (classic rock), O.I.T. (Old Indian Trick, rock), Blues Nation Band (blues), Cecil and Charles Gray (Indian Rap), Flute music by Tom Ware and Terry Tsotigh, Hand Drum singing by Redstone Singers. $10 admission.

Effie Beartrack benefit dance
Feb. 8, 2009 Custer County Fairgrounds, Hwy 183 South, Clinton, Okla. Gourd dancing 3 p.m. and supper at 5 p.m. All proceeds will go to the Beartrack family.

Seiling, Woodward Community meeting
Begins at 6 p.m. Feb. 10, 2009 at the Seiling Community Building.

Clinton, Weatherford, Thomas, Colony Community meeting
Begins at 6 p.m. Feb. 12, 2009 at the Frisco Conference Center.

Inter-Tribal Veterans Housing Summit
From 10 a.m. to 3 p.m. Feb. 12, 2009 at the Concho Community Hall, Concho, Okla. Sponsored by the Cheyenne and Arapaho Office of Veterans Affairs. For more information contact Marvin Wilson (405) 422-7691 or (800) 247-4612 ext. 27691.

Tulsa Indian Art Festival
Feb. 13-15, 2009 at the Spririt Bank Center, Tulsa, Okla. For more information go to www.tulsaindianartfest.com.

William "Bill" Sage Memorial Dance
Feb. 14, 2009 at the Comanche Community Center in Apache, Okla. Paint ceremony at noon, gourd dance at 2 p.m., supper at 5:30 p.m. and evening program a 7 p.m. Special contests and absolutely no giveaways. Walk for diabetes in memory of "Bill" at 9 a.m. Feb. 13, 2009 at the Apache Tribal Complex in Anadarko, Okla. and at 10 a.m. Feb. 14, 2009 at the Comanche Nation Community Center in Apache, Okla. For more information, call Joneda Saae at (580) 248-3709.

R.E.Sp.E.C.T Elders Day Out
Feb. 18, 2009 Seiling Community Hall. Registration at 9:30 a.m., program from 10 a.m. to 3 p.m.

Elk City, Hammon Community meeting
Begins at 6 p.m. Feb. 17, 2009. Location TBA.

Watonga Community meeting
Begins at 6 p.m. Feb. 19, 2009 at the Watonga Community Building.

Concho American Legion Post 401 meeting
Feb. 19, 2009 at the Clinton Senior Center in Clinton, Okla. Dinner will be served at 6:30 p.m. Meeting begins at 7 p.m. For more information call Marvin Wilson, Office of Veteran Affairs at (405) 422-7682.

Canton, Longdale Community meeting
Begins at 6 p.m. Feb. 24, 2009. Location TBA.

Oklahoma City area Community meeting
Begins at 6 p.m. Feb. 26, 2009 at the Clarion Hotel, 737 S. Meridian, Oklahoma City.

Gamma Delta Pi Alumnae Sisterhood Basketball Tournament
Feb. 28, 2009 at the Lighthouse Fitness Gym, Edmond, Okla.
Men's Only-$230 Entry Fee, $75 deposit. Deadline Feb. 14, 2009. Proceeds go to the OKDHS Foster Care Program. Contact Katrina Foley (405) 532-3679 for more information. Mail entry fee/deposit to Gamma Delta Pi Alumnae Sisterhood, P.O. Box 722341, Norman, OK. 73070.

Reminder:

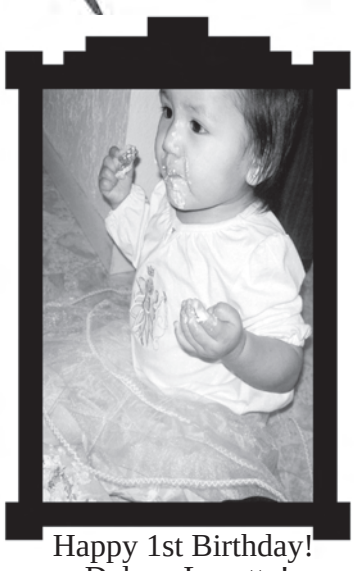
The deadline to submit information for the Feb. 15, 2009 issue is Feb. 8, 2009. All late submissions will be placed in the following issue, unless space is available.

- Deadlines are on the 8th and 23rd of each month, unless the date falls on a weekend. If the deadline falls on a weekend the deadline will be the Friday before. -

All copy submitted is requested to be sent electronically in Microsoft Word, if possible, and without boxes around the text.

Thank you

HAPPY BIRTHDAY



Happy 1st Birthday!
Dalena Lynette!
We love you!
Love Papa and
Family!!

Happy Valentine's Day
Grandma
WE LOVE YOU
ALWAYS
Your future Arapaho
Princess
Kara Rachelle Birdshead

Wishing our precious
baby boy
Rufus Bryce Ellis a very
Happy 2nd Birthday
February 2nd!
We are so very
thankful for you!!!
XXXOOOXXXOOO
God bless you and we
luv you very much.
Momma Quita, Daddy
Ira, Grandma Kim,
Grandma Meeska,
Great Grandma Belle,
and all of your aunties,
uncles and cousins!

Happy 1st Birthday to
Our Princess
Eryn Violet Ruth
Roman Nose
February 7th
We Love You,
Mommy, Daddy,
Chelle, Evan & Carter

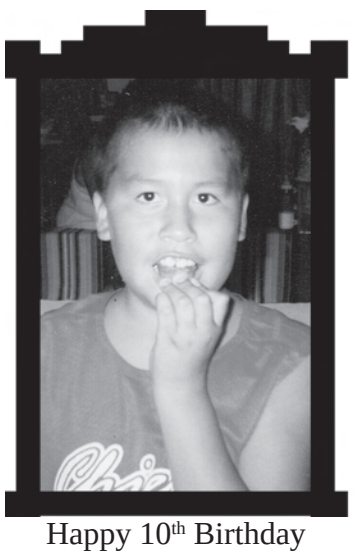
Happy Birthday
Christie Nowlin
From all your friends
at the Clinton
Head Start!

Happy Birthday to my
baby girls!!
Dalena Lynette and
Cordelia Lynn!!
I love you girls so
much!
Love momma and all
of your family!

Happy 10th Birthday
to my 1st born. I love
you. You're growing up
so fast and I sometimes
wish you would stop but
to see the good young
gentleman that you have
become I am so proud of
you. Keep up the good
work in all that you do,
and always remember,
I love you.
We all love you.
Happy Birthday from
Grandma & Grandpa,
Damon, Muntalv,
Darrick, Raymond,
Lucy, Nelson, Nevaeh,
Aaron and the rest of
you family.

We want to wish
Sierra Seneca
a Happy Birthday
February 2nd!
From mom and dad,
her brothers, Seth,
Levi and Tracy

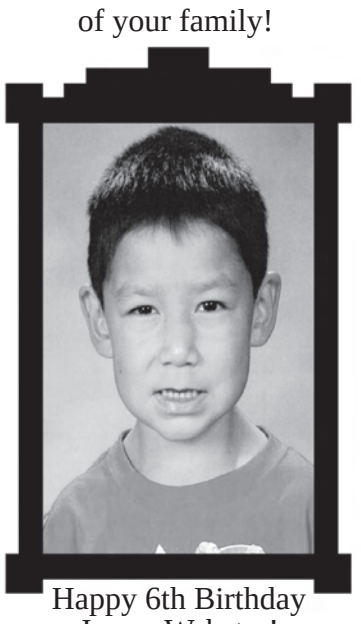
Happy Birthday
Elizabeth Morales
From all your friends
at Clinton
Head Start!!



Happy 10th Birthday
February 8th!
Christian D. Guzman
"B'Shawny"
We love you very much
and we enjoyed having
you home with us
during Christmas break.
Continue to do good in
all you in school and
at home! You are such
a blessing to us. We
keep you in our prayers
everyday-God Bless
You! May your birthday
be a blessed day for you!
We love you, Momma,
Lil Sister Christa, Baby
Bro Pookie, Limpy-
Whiteshield-Tiger-Billy-
Whiteman Families
Romans 8:28

Happy Birthday
Gene Rouse
Love Mom

Happy 19th Birthday
Keisha Pearl Williams
From your mother
Dawn Jonelle
Boyiddle
and the rest of the
family.
We all love and miss
you very much!!!



Happy 6th Birthday
James Webster!
January 14,2009
Love Mom and Dad,
Tricia, Robert, and-
Grandparents

Happy Birthday
Keith Rouse
Love Mom

Wishing daughters
Chelsea Janae Warden-19
on Feb. 13th and Melissa
Rene Lime-21 on Feb. 1st
a Very Happy Birthday.
Love Mom, Dad,
McKenna, Kyle,
Gary & Jake
May God Bless and keep
you both safe on your
journey in life.

Happy 12th Birthday
Jennifer Jolynn Hatten
February 7th

Happy 22nd Birthday
Larissa Rhae Walker
February 8th

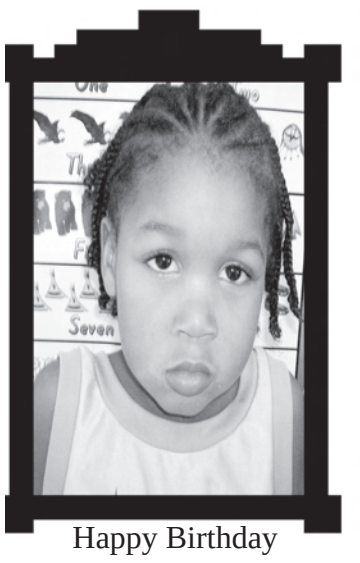
Happy Valentine's Day
"Precious"
Love Mommy Leann &
Daddy Roman

HAPPY VALENTINE'S DAY!

Happy Birthday
Lola Hester
From all your
friends at Clinton
Head Start

Happy 27th Birthday
Rene!
Biixoo3e3en see3tei,
noxuxou noh blackie

Happy 2nd Birthday
Cordelia!
We Love You!
Love Papa and Family!



Happy Birthday
Javion Hill!!
From all your
friends at Clinton

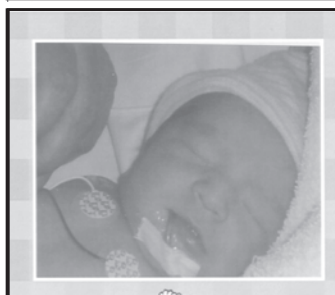
Happy
Anniversary
Stacia & Gordon
Washee, Jr.
February 14th

Joe and Ashley Greany of El Reno are the proud parents of a boy, Clayton Darrel Greany, Born Dec. 15 2008 at Yukon Integris Hospital. Clayton weighed 7 lbs and 9 oz. and measured 20 inches long. He is also been given his Indian name "Little Chief" after his Great-Grandfather the late John Greany, Jr.

Paternal Grandparents are John and Janetta Greany of El Reno. Great-grandparents are the late Darrel and Vivian Johnson and John Greany, Jr.

Maternal Grandparents are Danny and Cathy Henderson of Baytown, Texas. Great-grandparents are Alvin Henderson of Waco, Texas and the late Martha Henderson, Florence Hiersig of Hewitt Texas and the late Deiter Hiersig.

HAPPY BELATED
26TH BIRTHDAY
AND MOTHER'S
DAY!
I wish you and yours
a Happy New Year
DUSHANE!
I think of you
often and I miss you
and I do hope to
see you soon!
Your "04 Mothers
Day "Daddy-O"

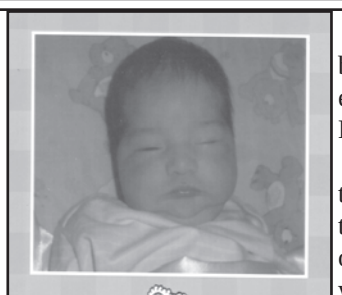


Announcing our new arrival, Ryan Wesley Lonebear.

Proud parents are Laurie Ellis and Robert Rutledge Lonebear.

Proud maternal grandparents are Emerson Ellis, Sr. and Linda "meeska" Roman.

Proud paternal grandmom, LaQuita Lonebear and proud great grandmom, Mary Belle Lonebear.



Announcing our precious baby girl from the proud parents of Montoya Lonebear and Leslie Lunsford.

We would like to announce the arrival of their daughter, tayah Brielle Lunsford. Born on Jan. 19, 2009 at 5:19 p.m. weighing 8 lbs. 7 oz and was 21 inches long.

The maternal grandparents are Laquita Lonebear, Kim Lonebear and Robert Lonebear. The paternal grandparents are the late Luther Lunsford and Charlotte Lunsford. Great grandmother is Mary belle Lonebear.

Morning Rain Black
Born: October 22, 2008
Parents: Samantha WhiteShield
and James Black
Grandparents: Anthony & Dolores
WhiteShield, Albert & Adelia Black

Your kindness stirred me to write
Thank you to my
friends and relatives for their
thoughts and prayers for my recovery.
Letha Wahnee in Dallas, Texas

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license, and CDIB to:Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: awhite@c-a-tribes.org

Administrative Assistant/ Culture & Heritage

QUALIFICATIONS:

Must be thoroughly familiar with the culture, history, and traditions of the Cheyenne tribe. Must be able to make decisions independently and justify all decisions made. Must be able to meet with tribal members on an individual and group basis and demonstrate professional conduct. Position requires experience in a relevant field with at least two years of administration office experience. Must possess excellent oral, grammar, and written communications skills. Must be able to work with little supervision and possess the ability to make independent judgments in the execution of administrative assistant work assignments. Must be computer literate and possess knowledge of tribal government policies and procedures, and applicable Federal rules and regulations.

Shall possess a valid Oklahoma driver's license and be able to provide verification of mandatory vehicle insurance verification. Must be able to pass drug and alcohol test.

SALARY: Negotiable

Special Events/Maintenance Permanent Part-time

QUALIFICATIONS:

To be on call as needed for special events which will include evenings and weekends. Will be setting up chairs, tables, and assisting in full preparation for various culture events. Will be assisting with cleaning hall before, during and after special events. (Examples: meetings, funerals, and dinners.) Will be responsible for scheduling the Community Hall and receiving deposits for confirmation. Must be reasonably physically fit. Must be able to lift 40lbs. on a regular basis.

SALARY: Negotiable

Concrete Mason/ Construction Laborer

QUALIFICATIONS:

Must have knowledge of machines and tools. Must have knowledge of construction materials and have stable work history. Be dependable and conscientious. Able to lift 75 lbs. Must possess a valid Oklahoma driver's license. Must pass mandatory drug test.

SALARY: Negotiable

Wellness Technician R.E.Sp.E.C.T.

QUALIFICATIONS:

High school diploma or GED required. Valid Oklahoma driver's license and reliable transportation. Must have an active background in sports, recreation and exercise. Must have ability to interact and communicate with varied educational levels. Must have at least one year of experience working in sports, recreational or exercise fields. Must be knowledgeable of and sensitive to the tribal member's culture, heritage and beliefs. Good health and physical fitness a plus. Adult and child CPR/ First Aid certificate required. Manner must be professionally and culturally appropriate. Cheyenne and Arapaho tribal member preference. Must be able to pass random drug tests and a background check.

SALARY: Negotiable

Public Information Office Ad Sales/Reporter

QUALIFICATIONS:

Bachelor's degree in advertising. media graphics or journalism preferred, or high school diploma/GED with some college hours required or an ability to sell and design advertisements. Must have bookkeeping, graphic design, writing and photography abilities. Have ability to learn computer software programs, meet deadlines, and have a strong ability to interact with people in a friendly, professional and intelligent manner. Have familiarity with the Cheyenne and Arapaho service area and culture, and have a current Oklahoma driver's license.

SALARY: Negotiable

Reporter / Administrative Assistant

QUALIFICATIONS:

High school diploma/GED with some college hours in journalism/public relations or ability to demonstrate writing skills and learn computer software programs. Bachelor's degree in journalism or Public relations preferred. Bookkeeping abilities. Must be organized. Able to work on deadline Have strong ability to interact with people in a friendly, positive, and professional manner. Must have current Oklahoma driver's license. Must pass pre-hire drug screening.

SALARY: Negotiable

Native American Advisor SWOSU

QUALIFICATIONS:

Work with parents, students, and educational department staff, school and college officials to help future and potential students with the college admissions and financial aid process. Computer literate. Pass Drug screen. Must have a valid Oklahoma driver's license. Knowledge of bookkeeping procedures and at least the number of hours equivalent to a college junior and/or a bachelor's degree with some counseling courses preferred. Be familiar with college admissions and financial aid processes. Be willing to visits high schools and colleges to meet with current and future students.

SALARY: Negotiable

If you attended any Indian boarding school in Oklahoma or if you know of someone who attended and developed any health problems from the asbestos, I would like to talk to you. Please call me at (405) 681-5528.

Thank you,
Sonny Goodbear

College Advisor/ Native American Counselor

QUALIFICATIONS:

Computer literate. Pass drug screen. Valid Oklahoma driver's license. Knowledge of bookkeeping procedures and at least the number of hours equivalent to a college junior and/or a bachelor's degree with some counseling courses preferred. Be familiar with college admission and financial aid process. Be willing to visits high schools and colleges to meet with current and future students.

SALARY: Negotiable

Site Manager R.E.Sp.E.C.T.

QUALIFICATIONS:

Must possess a high school diploma or G.E.D. AA degree preferred or two years work experience in related field or its equivalent. Must be willing to further education (associates or bachelors degree); must receive and maintain CPR/First Aid Certifications. Be knowledgeable about the Cheyenne and Arapaho people, communities, traditions, cultures and customs. Possess a valid Oklahoma driver's license. TERO applies (Cheyenne and Arapaho Tribal Preference); and must pass a background check.

SALARY: Negotiable

Congratulations

Nathan Korte and Jaclyn Riggs

Jaclyn Riggs and Nathan Korte were wed on July 26, 2008 at Holy Childhood in Mascoutah, Ill.

Riggs is the daughter of Becky and Jack Riggs, Jr. of Mascoutah, Ill. Her paternal grandparents are Marlene nee Pawpa and Jack Riggs, both deceased. Her maternal grandparents are Harold and Joyce Smith of Lawrenceville, Ill. She is also the paternal great-granddaughter of Edna nee Tabor (Janet Washinghands) and Victor Pawpa.

Korte is the son of Patricia and Gary Korte also of Mascoutah. His maternal grandmother is Mary Williams of Trenton, Ill.

Jaclyn Riggs Korte, a member of the Cheyenne and Arapaho tribes of Oklahoma, graduated with her Masters in Medical Science on Dec.11, 2008 and passed the Medical Boards in January 2009. She is now a certified physician assistant.

Riggs attended the St. Louis University in St. Louis, Mo. on an Indian Health Service Scholarship. Riggs graduated Magna Cum Laude and served as the President of the St. Louis University's Physician Assistant Society.

Riggs has accepted a position at the Cherokee Indian Hospital in Cherokee, N.C. where she will work in the emergency room and their newly opened Urgent Care Clinic.

Riggs would like to thank Wanda Whiteman of the education department for all her help while attending undergraduate and graduate school.

Riggs would like to encourage all the young members of the tribe to take advantage of the programs offered to them to acquire some sort of higher education and to always remember to follow their dreams.

Congratulations Jayci Bear!!!

We would like to congratulate our daughter on making the Principal's Honor Roll for the 1st nine weeks and the Superintendent's Honor Roll for the 2nd nine weeks. Jayci is in the 3rd grade, she attends Calumet Elementary. We are so very proud of you! Thank you for working hard. Remember working hard will pay off. We love you so much Mom, Dad, and your 2 bubba's Joshua and Jacen.

Oak Firewood For Sale

$100 per rick split, delivered and stacked. Concho-El Reno area- $90 you pick up

Contact Alvin at (405) 205-6676

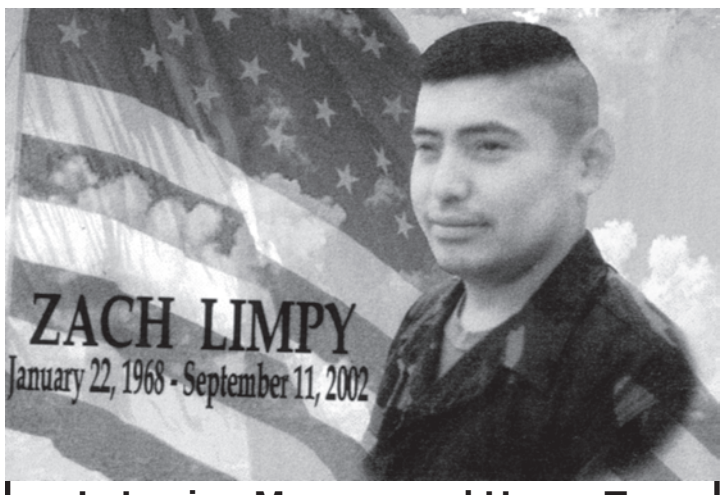
Smithsonian
National Museum of the American Indian
Internship Opportunities at the National Museum of the American Indian
The Smithsonian's National Museum of the American Indian offers summer, spring, fall and winter internships for Native American students. Interns are placed in a variety of departments at the George Gustav Heye Center in NYC, the Mall Museum in Washington, DC or the Cultural Resources Center in Suitland, Md.
Summer application deadline is Friday, Feb. 6, 2009
For more information contact Jill Norwood, Intern Coordinator at (301) 238-1541 or norwoodj@si.edu
Download an application form at: www.AmericanIndian.si.edu
Click on "Outreach" and then "Internships"
Check our booth out at the AIHEC Annual Conference in Missoula, MT, March 29-31st!

Notice

Concho Community Building

To reserve the building contact Special Events Coordinator Elsie Sage

Cell: (405) 243-6289
Phone: (405) 422-7435



In Loving Memory and Honor To Zachary (Whiteshield) Limpy Jan. 22, 1968 - Sept. 14, 2002

This year would have been your 40th birthday and with much heartache and grief, seven years ago, God took you home to be at His side.

Zach you were such a blessing to your family, your relatives, your tribe, your friends, and us. We "still" endure the heartache and the loneliness of your death. How tragic it was, in the prime of your life.

We find comfort in God's word and all of God's promises. God said, "Revenge is mine!" We have committed that drastic time to God, it's in His hands and we will continue to seek His word for comfort, strength and encouragement and continue to live our lives knowing God is in control of everything. God's word has these scriptures that we find comfort and strength in; Gen. 4:10 and Gen. 9:6.

Today, tonight, and everyday, every night we will miss you, love you, cry for you! We thank God for blessing us with you and we thank God for allowing you to be a vital part of our family!

We love you and miss you
"Shark"
Happy Birthday
Whiteshield-Billy-Limpy-Tiger Families
Rom. 8:28

In Loving Memory William H. Buckman

"Even though you are in a better place,
We still miss your smile; your warm embrace.
It's like words couldn't explain,
But our tears could show you the pain;
And now that you have found your way
We will see you again someday."
-Henii3ibe3en nebesiiwoo
(I miss you grandpa)
Jan.12, 1936
Dec. 9, 2003
Sadly missed by: Anna, Robert, Katherine Anne, Marissa, Vera & Family

BUFFALO-HUGHES

Susie Ann Buffalo-Hughes, daughter of Frank and Inez (Roman Nose) Buffalo, was born Sept. 2, 1956 at Clinton, Okla. She died late Wednesday, Jan. 7, 2009 at Integris Southwest Medical Center in Oklahoma City. She was 52 years of age.

Buffalo-Hughes was raised in Seiling, Okla., where she began her school years. She graduated from high school at Santa Fe Indian School in Santa Fe, N.M. She was honored as the Cheyenne Princess for the Cheyenne and Arapaho Labor Day powwow.

She married Frank Calvin Rowe and they had two sons, Cory Franklin and Sammy Lane. She made her home in Albuquerque, N.M. with her son Cory and they also lived in Arizona. She later married Paul Dwight Hughes and they had one son, Jackie Paul.

She is survived by three sons, Cory Rowe and Jackie Hughes both of Oklahoma City, and Sammy Rowe of Bristow, Okla.; ten grandchildren, as well as many other relatives and friends. She was preceded in death by her parents and two brothers: Bennie and Tom.

The traditional wake service was held at 7 p.m. Sunday, Jan. 11, 2009 and the funeral service was held at 2 p.m. Monday, Jan. 12, 2009 both at the Seiling-Fonda Community Center in Seiling, Okla.

Interment was in the Cantonment Cemetery near Canton, Okla. under the direction of the Redinger Funeral Home in Seiling. Personal condolence messages can be sent to www.redingerfuneralhome.com

Nell family goes military

Courtesy photos
Elana and Elijah Nells

Submitted article

On Nov. 20, 2008, Elijah J. Nells received his blue Infantry cord at Fort Benning, Ga. and on Nov. 21, 2008, Elijah graduated from basic training.

After basic, Nells attended airborne school and graduated on Dec. 18, 2008.

Nells is now starting Ranger Endocrine Program (R.I.P.), which is the first phase before attending Ranger school. He reported in on Jan. 4, 2009.

While Nells was graduating from his school, his sister Lena N. Nells graduated from Northeastern State University at Tahlequah, Okla. on Dec. 20, 2008. On that evening her father, James Nells, read Lena her oath of office of enlistment.

Lena was commissioned as a Second Lieutenant in the U. S. Army.

Lena will be in the Military Intelligence branch and will be taking formal training at Fort Huachuca, Ariz.

James Nells, father of both Elijah and Lena served eight years in the U.S. Army and was a captain.

While serving James was deployed to Iraq in 1991 and was second in command leading the 2-16th Infantry Rangers into Iraq.

Lena and James Nells

James and Elana Nells are very proud of their kids and their accomplishments and would like to congratulate both of them.

OBAMA'S INAUGURATION

Photos by Dana Attocknie and Michael Sulphur

CLINTON (580) 323-6599
I-40 Westbound Exit 69, 1 mile to Indian Hospital Rd. • I-40 Eastbound: Exit 65, 3.5 miles to Indian Hospital Rd. • Over 725 Games
Rez Deli • The River Bar • Blackjack • Poker

CONCHO (405)262-7612
25 minutes from Oklahoma City Take I-40W to Exit 125, north on Hwy 81 four miles. • Over 1,000 Games
Blackjack • Poker • Rez Restaurant & Bar

LUVBUG

VW BEETLE GIVEAWAY
FEBRUARY 14 AT 8:30 P.M.

EVERY SAT. 8 P.M. - MIDNIGHT JAN. 3 - FEB. 14
FIVE $1K GIVEAWAYS*

Lucky Star CASINO
AN ENTERPRISE OF THE CHEYENNE AND ARAPAHO TRIBES

*There will be five hourly $1,000 giveaways every Saturday from 8 p.m. until midnight January 3 thru February 14. VW Beetle will be given away on February 14 only. Must be 18 or older. Management reserves the right to cancel or modify this event without prior notice. See casino for details. Actual prizes may differ from photo. Lucky Star is not responsible for typographic errors. Responsible Gaming Is Our Game. For help, call the Problem Gaming Helpline 1-800-522-4700. ©2009 Lucky Star Casino

VALENTINE'S DAY 2009 $40
Dinner Special
5P.M. - 11P.M.
No reservations required. Seating will be based on first come, first served. Regular menu will also be available.

Dinner & Dessert for Two
Entrée Choices:
8 oz Certified Black Angus Beef Filet Medallions
or 6 oz Norwegian Smoked Salmon Fillet.
Entrée Will Be Served With:
House Salad, Whipped Redskin Potatoes, Vegetables and Non-Alcoholic Beverage.
Dessert:
Chocolate Lover's Overflow Cake

Rez
CONCHO LOCATION